Montana WIC
Weekly Information & Communication

March 21, 2016

Two Items for WIC CEUs

[The Impact of the First 1,000 Days on Childhood Obesity](#) is an issued brief based on two review papers that examined evidence of risk factors for developing childhood obesity and interventions that could prevent childhood obesity later in life.
[Mediators and Adverse Effects of Child Poverty](#) in the United States is a technical report from the American Academy of Pediatrics on the adverse effects of poverty on children's health.
Submit the CEU form to Lacy at lalittle@mt.gov.

Biannual Form Order April 15, 2016

Our April 15th forms order is coming up soon. Please check your forms inventory and have the order in NLT Friday April 15th. Plan to have enough until the next order on October 15th. The blank forms order is on the website, and it has been updated since the previous order. Any questions please contact Kelly at 444-0909 or KAughney@mt.gov.

Weekly Risk Code Highlight

[Risk Code 602](#), Breastfeeding Complications or Potential Complications (Women), is defined as a breastfeeding woman with any of the following complications or potential complications for breastfeeding:

- Severe breast engorgement
- Cracked, bleeding or severely sore nipples
- Recurrent plugged ducts
- Age ≥40 years
- Mastitis (fever or flu like symptoms with localized breast tenderness)
- Failure of milk to come in by 4 days postpartum
- Flat or inverted nipples
- Tandem nursing (breastfeeding two siblings who are not twins)

App Update from Text4Baby

Text4baby has announced that an updated version of the Text4baby app has been launched in both the iOS and Android stores. The free app now features a new design, a personalized visit calendar, and a new vaccination tracker to help moms keep track of baby's vaccines. The [Text4baby website](#) features FAQs and promotional flyer advertising the app.

Head Start Outreach

Mary Jo, the State Director of Head Start, would like to increase collaboration between our local WIC agencies and Head Start. If you have suggestions to improve communication and outreach between WIC and your local Head Start, please email Mary Jo at (mjs82072@gmail.com) with your feedback, or email Kathy Rich (krich@mt.gov), at the MT Head Start Collaboration Office within DPHHS. If you are unfamiliar with the Head Start in your local community, it would be a good idea to reach out and open up the lines of communication.

February IT Pop Quiz Answer and Answer Winner

Question: How can you tell who is logged into Spirit on your computer?

Answer: Hover over the "Blue W" in the System Tray (Bottom right corner of your screen, by the time and date) the current user's ID will display. If the Blue W is not displayed when Spirit is running please call the help desk. February's question was in the newsletter sent February 16, 12:08 pm.
The first correct answer came from Debbie Hirshberg from the Missoula Clinic at 12:20 pm that same day, besides Debbie's there were four other correct responses.

March IT Pop Quiz Question

Question: Where can you find the reset local reference data command for the M-Spirit program, and how often should it be used?
Rather than having the Helpdesk call your Clinic and possibly causing an interruption. Please email your answers to [hhswhc@mt.gov.](mailto:hhswhc@mt.gov)

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